

# Keeping Safe in 2010

## Motor Vehicle Safety

- ✓ Always wear a seat belt when riding in a vehicle
- ✓ Children 12 years and younger ALWAYS seated in a restraint system in the rear seats of your vehicle
- ✓ Always have children properly fastened in an appropriate child safety or booster seat when riding in a vehicle
- ✓ Remember never leave a child alone in a vehicle-*It's The Law!*
- ✓ Never talk on your cell phone or text while driving



## Outdoor “walking, biking, skating” Safety

- ✓ Wear a properly fastened helmet every time you ride a bicycle, scooter, roller blades/skates-*It's The Law!*
- ✓ When riding a bicycle follow the “rules of the road”
- ✓ Obey pedestrian signals and always cross a street at an intersection or crosswalk



## Pool/Spa Water Safety

- ✓ When at a home with a pool, be aware that toddlers who have drowned in these pools were not expected to have been in the pool area but asleep or playing elsewhere in the home
- ✓ If you own a pool or spa, make sure you have a perimeter fence that completely surrounds it and have a gate that is self-closing and self-latching, and keep your pool locked when not in use
- ✓ If you own a pool make sure you and your children 5-years of age and older know how to swim, you know CPR, and have lifesaving equipment at your pool and know how to use it
- ✓ When using a pool designate an adult who knows how to swim to “watch” the children like a lifeguard.
- ✓ Watching the children means, watching them actively, not doing other activities like sleeping, reading, talking to others, eating, etc.



## Home Safety

- ✓ Make sure you test your smoke alarms in your home. If you have concerns about fire or earthquake safety call your local fire department for prevention recommendations
- ✓ Properly remove any guns in your home, or keep them locked in a gun safe with trigger locks
- ✓ If you have infants or toddlers in your home, use protection devices such as bathroom door, cabinet, and toilet seat locks, use electric outlet covers, etc.



## Poison Prevention

- ✓ If you have young children in your home living or visiting, keep all medications and cleaning products locked up or out of reach of young children
- ✓ If you have young children in your home or visiting, MAKE SURE you have any plants that are dangerous for consumption labeled with plant name
- ✓ Install a Carbon Monoxide detector in your home. Call your local Fire Department for information-NEVER bring a BBQ indoors and NEVER use an oven to warm your home
- ✓ If you take prescription medication, BEFORE buying over-the-counter medication-check with a pharmacist before taking
- ✓ Keep the following poison control number by your phone 1-800-222-1222



DeCarli, J (2009)